



National Institute of  
Arthritis and Musculoskeletal  
and Skin Diseases

HEALTH TOPICS

# Bone Health and Osteoporosis

IN-DEPTH

Why does bone health matter? How can you improve bone health and prevent osteoporosis? You can start by reading about the [important role of bones](#) in your body. Learn more below about what you can do to keep your bones strong and healthy, what the risk factors are for osteoporosis, and how to live well if you have osteoporosis:

- [Bone Health and Osteoporosis: What it Means to You](#)
- [Osteoporosis](#)
- [Bone Mineral Density Tests: What the Numbers Mean](#)
- [Calcium and Vitamin D: Important for Bone Health](#)
- [Exercise for Your Bone Health](#)
  
- [Preventing Another Broken Bone](#)
- [Kids and Their Bones](#)
- [Juvenile Osteoporosis](#)
- [Osteoporosis in Men](#)
- [Pregnancy, Breastfeeding, and Bone Health](#)

This content was created by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) with contributions from:

- [National Institute on Aging](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [NIH Office of Research on Women's Health](#)